

# Fatherly

## Dr. Cassandra Boduch, MD of PsychPlus Interviewed by Fatherly

### 9 Relationship-Strengthening Questions Every Couple Needs To Ask

Growth requires work and attention. These questions can accelerate it.

#### 1. “How can I support you better?”

This simple question opens up an opportunity for discourse about mutual opportunities for support instead of the airing of grievances. “This kind of discussion can help make sure [both partners are] pulling in the same direction and giving each other what they need in doing so,” says psychiatrist Cassandra Boduch, MD, the Chief Medical Officer of PsychPlus. Each of you will be more likely to feel like you’re succeeding with the confidence that someone is behind you all the way, and you’ll be able to share in that success together.

#### 2. "What do you need from me emotionally?"

“People with busy lives often lose track of whether they’re giving their significant other the emotional support they need,” says Boduch. “And without asking questions like this, it can be very difficult to know where things stand in this regard.” Emotional support can look like a more concerted effort to understand your partner’s emotional life, giving them more opportunities to talk about their emotions, or giving them more space to feel their emotions by themselves. Once you ask, they can let you know.